

ABSTRACT OF THE DISCLOSURE

Exercise machine having a platform for receiving an exerciser, a post extending from the platform, a carriage which can be moved along the post by the exerciser, and a plurality of elastic elements which can be selectively connected to the carriage to assist or resist movement of the carriage along
5 the post. The machine is highly portable and can be folded for storage.

TOP SECRET//
REF ID: A65603660